

Amendments to the Specification

Please amend the paragraph commencing at page 16, line 15, to read as follows:

Turning to Fig. 18, additional advantageous features associated with an exemplary slider 206 and an exemplary upper retainer 204 will now be described. Initially, however, it is noted that a pin 216 may be employed to fix lower retainer 208 relative to shaft 202, e.g., by passage into an appropriately positioned mounting aperture formed therein. With further reference to Fig. 18, exemplary slider 206 is of two part construction, featuring substantially cylindrical upper section 220 and substantially frustoconical lower section 222. In the exemplary embodiment of Fig. 18, the lower section 222 defines a hollow region 224 that is sized and configured to receive and retain magnetic elements (not pictured) therewithin. Hollow region 224 may be defined as a single, undivided region or a plurality of segmented regions. The magnetic elements that are introduced to hollow region 224 are retained therewithin when upper section 220 is secured to lower section 222, e.g., by screw threading, bayonet-lock, sonic welding, adhesive or the like. Prior to securing upper section 220 relative to lower section 222, the weight of slider 206 may be adjusted by introducing (or withdrawing) ballast material 225 (which is shown removed from hollow region 224), e.g., pelletized materials, powdered materials, solid materials or the like.

Please amend the indented paragraph that begins at page 20, line 18, to read as follows:

- With reference to Fig. 18, ~~The~~ the lower retainer, shock bushing and/or dampener housing associated with the swing training apparatus may include a light 280 that is adapted to illuminate when the slider reaches the impact position. Mechanisms for effectuating such illumination are known, e.g., a piezoelectric or contact switch 282 may be employed. The color, duration, diffusive properties and direction of the illumination may be variously implemented, according to the

present disclosure. For example, the light beam may be directed radially outward or axially (upward or downward). The point at which the light 280 is illuminated may be helpful for the user and/or his coach in assessing attributes associated with the user's swing, e.g., the timing thereof.

Please amend the indented paragraph that begins at page 21, line 5, to read as follows:

- The lower retainer, shock bushing and/or dampener housing associated with the swing training apparatus may include a sound chip 290 that is actuated when the slider reaches the impact position. Again, mechanisms are known for effectuating the actuation of a sound chip 290 based upon impact/contact of a moving member, e.g., piezoelectric or contact switch 282. The sound chip 290 may emit a variety of sounds, e.g., the sound of a club striking a ball, the sound of a crowd cheering or the like. The point at which the sound is emitted may be helpful for the user and/or his coach in assessing attributes associated with the user's swing, e.g., the timing thereof.